

Circuit Training

Friday

8:30am - 9:30am

Pay as you go \$5

Instructor: Lynn Woodcroft

705-657-8833

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This class is great for all fitness levels and combines strength training and cardio for a total body workout. The class involves about 8 stations that participants move to during the course of an hour. Participants stay at each station for 2 minutes and then move to the next exercise. There are a variety of exercises using dumbbells, bands and your body's own resistance to help increase muscular endurance and strength. The best part is that this class is designed for each participant to work at their own pace in a controlled supervised environment.

